






# Artichoke-Heart, Spinach, and Mozzarella Bread Pudding

 Very Healthy

READY IN  
  
45 min.

SERVINGS  
  
4

CALORIES  
  
1060 kcal

## Ingredients

- 9 ounces defrosted artichoke hearts diced frozen drained
- 1 quart cubes of bread white
- 4 eggs
- 0.3 teaspoon fresh-ground pepper black
- 2 cups milk
- 2 cups mozzarella cheese grated
- 0.5 cup parmesan grated
- 0.8 teaspoon salt

- 3 scallions including tops green chopped
- 20 ounces pkt spinach frozen dry drained chopped

## Equipment

- bowl
- paper towels
- oven
- whisk
- baking pan

## Directions

- Heat the oven to 350
- Butter an 8-by-12-inch baking dish or a 1 1/2-quart gratin dish. In a large bowl, combine the spinach, artichoke hearts, scallions, bread cubes, and half the mozzarella.
- Spread this mixture in the bottom of the prepared baking dish. Top with the remaining mozzarella.
- In a medium bowl, whisk together the eggs, milk, Parmesan, salt, and pepper.
- Pour over the vegetables and bread and press the bread into the liquid, making sure that it's well moistened.
- Bake the bread pudding for 20 minutes. Raise the oven temperature to 400 and bake until the pudding is puffed and browned, 15 to 20 minutes longer.
- Wine Recommendation: Chardonnays from northern Italy tend to be lighter and crisper than those from California or France. For a delicious partner to this rich bread pudding, see if you can find an unoaked example from the Alto Adige or Trentino.
- Notes: Defrost frozen vegetables quickly by removing them from the package and putting them into a bowl of hot water. You may need to squeeze or blot the vegetables dry on paper towels before using them, but the defrosting will take only minutes.

## Nutrition Facts

 **PROTEIN 20.9%**  **FAT 28.21%**  **CARBS 50.89%**

## Properties

Glycemic Index:57.69, Glycemic Load:85.73, Inflammation Score:-10, Nutrition Score:60.579565214074%

## Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Nutrients (% of daily need)

Calories: 1060.45kcal (53.02%), Fat: 33.43g (51.43%), Saturated Fat: 15.13g (94.57%), Carbohydrates: 135.7g (45.23%), Net Carbohydrates: 123.4g (44.87%), Sugar: 20.47g (22.75%), Cholesterol: 231.06mg (77.02%), Sodium: 2361.1mg (102.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.74g (111.48%), Vitamin K: 548.61µg (522.48%), Vitamin A: 17723.76IU (354.48%), Folate: 579.77µg (144.94%), Manganese: 2.62mg (131.07%), Selenium: 91.74µg (131.06%), Calcium: 1306.98mg (130.7%), Vitamin B1: 1.48mg (98.83%), Vitamin B2: 1.55mg (91.26%), Phosphorus: 872.65mg (87.27%), Iron: 12.22mg (67.86%), Vitamin B3: 12.83mg (64.15%), Magnesium: 226.06mg (56.51%), Fiber: 12.31g (49.22%), Vitamin B12: 2.48µg (41.29%), Zinc: 6.16mg (41.1%), Potassium: 1249.82mg (35.71%), Vitamin E: 5.34mg (35.59%), Vitamin B6: 0.7mg (35.05%), Copper: 0.58mg (29.22%), Vitamin B5: 2.79mg (27.95%), Vitamin D: 2.51µg (16.72%), Vitamin C: 12.87mg (15.6%)